

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(6) POTATO HAM CHOWDER (24) Mixed Vegetables (11) Whole Wheat Dinner Roll (14) Mixed Fruit Cup (13) Chocolate Chip Cookie (26)	(7) CHINESE BEEF (12) OVER BROWN RICE (16) Broccoli Florets (4) Whole Wheat Bread (10) Pineapple Chunks (18)	(8) AL DENTE SPAGHETTI (20) WITH ITALIAN SAUCE (9) Sliced Carrots (7) Tossed Salad & Dressing (2) Garlic Bread (12) Apple (23) w/Caramel Dip (19)	(9) HOT DOG (1) WITH CONEY SAUCE (8) ON A WHOLE WHEAT BUN (19) Corn (20) Chunky Applesauce (22)	(10) TOMATO RICE SOUP (12) Cheese Soldiers (13) Garden Green Peas (11) Three-Bean Salad (18) Orange (21) Oatmeal Raisin Cookie (27)
(13) SAVORY BEEF STEW w/VEGETABLES (13) Biscuit (23) Red Beets (10) Pistachio Pudding (35)	(14) CHICKEN BREAST w/TARRAGON GRAVY (4) OVER BROWN RICE (16) Colorful Peas & Carrots (8) Whole Wheat Bread (10) Snickerdoodle (29)	(15) TENDER BEEF TIPS (8) OVER EGG NOODLES (13) Parmesan Brussels Sprouts (9) Whole Wheat Bread (10) Stewed Apples (28)	(16) CHICKEN PARMESAN (6) w/SAUCE OVER AL DENTE SPAGHETTI (20) Italian Blend Vegetables (6) Garlic Bread (12) Tropical Fruit Salad (21)	(17) SPANISH RICE WITH MEAT (20) Mexican Corn (31) Multigrain Dinner Roll (24) Apricots (15)
(20) BAKED TURKEY (3) Mashed Potatoes (18) w/Chicken Gravy (2) Squash (10) Whole Wheat Bread (10) Fresh Pear (23)	(21) PATTY MELT ON A (5) WHOLE WHEAT BUN (25) Down-Home Fries (15) Wax Beans (5) Peanut Butter Cookie (13)	(22) TANGY BBQ PORK CHOPS (19) Buttered Noodles (13) Cauliflower & Peas (7) Whole Wheat Bread (10) Lime Pear Jell-O (25)	(23) HAM (2) Scalloped Potatoes (20) Green Bean Casserole (9) Multigrain Dinner Roll (24) Carolina Fruit Salad (34) Pineapple Mandarin Orange Cake (41)	(24) COD FISH FILET ON A (21) WHOLE WHEAT BUN (25) Sweet Potato Fries (19) Creamy Coleslaw (12) Harvest Pears (32)
(27) CHICKEN ENCHILADA CASSEROLE (21) Spanish Rice (22) Tossed Salad (2) Mandarin Oranges (19)	(28) SLOW-COOKED BEEF POT ROAST (2) Mashed Potatoes (18) with Beef Gravy (2) Stewed Tomatoes (15) Whole Wheat Bread (10) Chocolate Mousse (26)	(29) BRATWURST ON A (3) WHOLE WHEAT BUN (19) Sauteed Green Peppers & Onions (6) Steak Fries (21) Marinated Cucumber Salad (8) Jell-O Cheesecake (57)	(30) SWEDISH MEATBALLS (20) Red-Skinned Potatoes (23) Buttered Cabbage (4) Whole Wheat Bread (10) Banana (27)	(JULY 1) DUTCH CHICKEN (4) Loaded Potatoes (17) Green Beans (5) Whole Wheat Bread (10) Peanut Butter Cookie (13)

All Meals at the Dining Centers served with Fat-Free Milk (13)
(Number next to the menu item indicates grams of carbohydrate.)

SALAD/SANDWICH MENU

JUNE 2016

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 6-6 THRU 6-10-16) <u>FALL APPLE SALAD</u> Diced Chicken Granny Smith Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll	<u>TURKEY/HAM & SWISS SANDWICH</u> Turkey Ham Swiss Cheese Rye Bread Cucumbers Carrots Honey-Mustard Dressing
(WEEK OF 6-13 THRU 6-17-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll	<u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices
(WEEK OF 6-20 THRU 6-24-16) <u>CHEF SALAD</u> Turkey Ham Cheddar Cheese Egg Cucumber Croutons Buttermilk Dressing Multi-Grain Dinner Roll	<u>GRILLED CHICKEN SANDWICH</u> Grilled Chicken Breast Swiss Cheese Onion Specialty Bun
(WEEK OF 6-27 THRU 7-1-16) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing	<u>TURKEY PITA</u> Turkey Swiss Cheese Mayonnaise Pita Bread

All Salads and Sandwiches served with
Dessert and/or Fruit of the Day and Fat-Free Milk